

THE MAIN FORMS OF GYMNASTICS, ANATOMICAL AND PHYSIOLOGICAL FOUNDATIONS OF PHYSICAL EXERCISES

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Abstract: Gymnastics is a system of exercises performed to improve body discipline and physical fitness. Gymnastics training is divided into several forms, each based on specific goals and approaches. Through gymnastics exercises, it is possible to use every part of the body in a balanced way, improve strength and elasticity. This, in turn, will help to keep the body healthy and active. In this way, gymnastics classes can help improve not only physical health but also mental well-being, as they reduce stress and ensure mental well-being.

Keywords: Educational-educational, Rhythmic gymnastics, Men's gymnastics, Women's gymnastics, artistic gymnastics, acrobatics.

INTRODUCTION

Education and upbringing of young people is carried out in the educational process, in lessons and extracurricular activities, and in socially beneficial activities." "The main form of organizing educational work in higher education institutions is the lesson," it is said in the regulations of secondary general education and higher education, and the national program for personnel training also pays great attention to the role of the program and new forms of education. As our President said, "The new model of education will lead to the formation of an independent-thinking free person in society. We will have the opportunity to educate people who represent their dignity, have a strong will, and have a clear goal in their whole life. Only then will conscious living become the main criterion of social life."¹

Proper conduct of classes ensures the successful completion of independent work and the correct implementation by the student of various exercises related to the improvement of the skills and abilities acquired in classes. Students perform these exercises independently at home or in groups. Thus, the lessons are the basis for individual or group training of students. In the lessons, materials are usually used in the students' dormitories or before the training, which are used in gymnastics, relaxation and physical education. From the teacher's short conversations during the lesson, students receive clear information about the importance of physical education exercises and their need for health. While studying the exercises, students master the methods of performing exercises (subject and non-subject) for all parts of the human body. Therefore, physical education is of great practical importance. Among the physical exercises used in physical education lessons, there are many vital exercises that are used in everyday life. The task of these exercises is to accustom students to the use of physical education tools in various conditions of learning, work, and recreation.

Skills to be taught in the lesson Each physical education exercise should serve as the main tool in solving the tasks set in the lesson. A set of exercises to solve specific, general and specific tasks includes general tasks performed during the entire lesson or series of lessons, and specific tasks are included in the exercises performed during a separate lesson. Exercises should be methodically structured correctly. Exercises should have an educational character. To formulate a set of early lip gymnastics exercises, physical education minute exercises in terms and descriptive notations and to teach their methods in various forms. To formulate exercises that affect all parts of the body, contributing to comprehensive physical development, strengthening health, and shaping the figure.

The correct use of a complex of therapeutic gymnastics exercises and methods for its implementation. General developmental exercises are inextricably linked with such disciplines as anatomy, biochemistry, biophysics, and hygiene in terms of vertical integration. Physical training sessions are divided into curricular and extracurricular types. Such thinking is mainly based on organizational and methodological tools. The curricular form of training is the most effective type in terms of imparting educational knowledge and directing the physiological functions of the student's body in accordance with the goal.

The physiological effect of general developmental exercises on the body of students depends on the physiological laws of the movement of medical institute students, as well as on the implementation of the basic principles that ensure the solution of health, educational and educational tasks. In particular, the volume of physical work varies depending on the nature and tasks of educational work. When studying general developmental exercises, high demands are also placed on the analysis and synthesis function of the brain, which ensures that movements in the motor apparatus are coordinated and coordinated. General developmental exercises are fully included in the higher education program for students to perform exercises.

No other exercise can replace general developmental exercises in teaching students to breathe correctly, deeply, and beautifully shape their figure. They are necessary for creating pre-workout physical education minutes and gymnastics complexes. A distinctive feature of general developmental exercises is that they have a specific, targeted effect on the body, on individual muscle groups and joints in general. They can be used more often than other exercises as preventive and corrective exercises.

They are especially useful in eliminating deficiencies that arise in the chest, spine, leg structures, etc. during the exercise of students. General developmental exercises are of great educational importance. Performing them under the guidance of a coach, students become familiar with a variety of movements and systematically acquire correct concepts of strength, speed, rhythm, pace and range of motion. Even the simplest, and even relatively complex, exercises help to improve the coordination of movements, to consciously master movement skills. Performing general developmental exercises in coordination with whole groups helps to cultivate a sense of collectivism, and exercises performed to musical accompaniment have aesthetic value. General developmental exercises are of various types. However, the program contains the main ones that are relevant for students. The exercises in the program are arranged according to anatomical signs. They should be used not in the order described, but selectively, taking into account the effect on certain muscle groups.

General developmental exercises should be included in each session. The complex should include exercises for the arms, shoulders, shoulder girdle, legs, body and neck. 3 The complex, first of all, is an exercise that requires the greatest attention of the student, and exercises that have a strong effect on the body are at the end of the complex.

When compiling a complex, the following requirements are observed:

1. Exercises should be easy, moving from simple to complex.
2. Know the essence of each exercise and why it is used.
3. Create a set of exercises in accordance with the assigned tasks.
4. Be able to teach URM in different (only explanation, demonstration, assignment, game method) methods and conduct training.
5. Master the methods of organizing URM training.
6. Create breathing and posture-building exercises.
7. Exercises should affect all muscle groups.
8. Exercises should be structured based on the principle of posture for different muscle groups.

The tasks of practical training lessons using URM are performed in part 1, therefore, they should be

used taking into account all other exercises performed in the lesson. Often, with the help of URM, special training tasks are solved in the main movements, in which case they are called auxiliary exercises. All auxiliary exercises are characterized by their similarity in structure to the main movements.⁴

For example, jumping and swinging legs, jumping long and high, swinging arms and moving the body as in throwing a ball. Usually, auxiliary exercises are performed before the main movements. Improving the health of students is to improve their physical development, the acquisition of movement skills, systems, and physical development. To solve these tasks, 1st and 2nd year students are trained in various ways, complicating exercises. When conducting physical education classes with first-year students, the main focus is on developing the vital processes of walking, running, jumping, throwing, maintaining a straight posture, speed, agility, and the ability to analyze muscle speed. The demand for physical training is increased in students, for which movement skills are complicated. It is in physical education classes that the foundation is laid for engaging in special sports activities. Physical education is deeply embedded in the daily life of students and young people. It is a means of physical training and rational use of free time to maintain and strengthen the student's health. Physical education and sports create the basis for the formation of an active life theory and high moral character of students, and affect their spiritual world. Health is not only a personal matter, but also, first of all, the wealth of society, the strength and power of the people. That is why the words of our President I.A. Karimov "Our children should be stronger, more educated, wiser and, of course, happier than us" are of daily relevance, and today the youth are implementing the decrees in practice.⁶ In the conditions of modern technological development, it is known that the share of mental labor has increased sharply, and the share of physical labor has decreased somewhat. Therefore, physical exercises are of particular importance. They remain an irreplaceable equivalent of the missing activity for young students. Posture is caused by various diseases, especially long-term, bedridden diseases. But other reasons can also cause a person's posture: bad posture, uncomfortable working conditions (low or high desk, table, low or high chair, poor lighting), carrying school bags or briefcases in one hand (this can be easily corrected with a shoulder bag). Posture is often associated with flat feet, which occurs as a result of fatigue and weakness of the calf and heel muscles. Flat feet negatively affect the condition of the pelvis and spine, which leads to posture disorders, inhibits general physical development. The following posture disorders are observed: incorrect posture, curvature of the spine, incorrect shape of the chest and abdomen, wing-shaped waist, waists of different heights; sagging and slouched shoulders. All posture disorders not only distort the external shape of the body, but also interfere with the proper functioning of the body. Minor posture disorders are eliminated by regular physical education. When the posture is significantly distorted, it is necessary to engage in corrective exercises for a long time. When the shape of the body changes significantly, the body structure is specially studied and often sent to special hospitals for treatment. A doctor helps the coach in this important matter. He determines the state of the child's physical fitness during a medical examination, recommends preventive and corrective exercises if necessary. The teacher, on the recommendation of the doctor, treats such a student differently: reduces or increases the norm, changes the form of exercises, gives additional tasks. Students should be taught to keep their figure, they should understand its importance and actively help teachers in this. The student's activity is expressed in paying attention to himself, following his comrades at school and on the street. Parents can provide great help by creating the necessary conditions at home and conducting educational work among their children.

CONCLUSION

In conclusion, gymnastics plays an important role in ensuring physical and mental health, balanced use of various body systems, and overall development. The anatomical and physiological

foundations of physical exercises help to perform exercises correctly and effectively, which is necessary for strengthening the body and maintaining a healthy lifestyle. When engaging in gymnastic exercises, it is necessary and necessary not only for preschoolers, but also for us adults to increase our activity and regularly perform physical exercises.

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